

# Mexican Rice

Rating: ★★★★★

Makes: 8 servings

## Ingredients

- 2 **tablespoons** vegetable oil
- 2 **cups** rice, long-grain white, uncooked
- 3 **cups** chicken broth, low-sodium
- 1 **1/2 cups** onion (white, finely chopped)
- 2 **teaspoons** garlic (minced)
- 1 **can** Mexican or Italian style tomatoes (14 1/2 ounce)
- 1/2 **teaspoon** salt
- 1 green bell pepper (seeded and chopped)

## Directions

1. Heat oil in medium-size saucepan over medium heat. Saute the rice until just golden, about 5 minutes. Add 1/2 cup of chicken broth if moisture is needed.
2. Add onions and garlic and saute for a minute or two.
3. Stir in the tomatoes and their juice, the rest of the chicken broth, salt and bell pepper. Bring to a boil.
4. Reduce heat to low. Cover and simmer for about 20-25 minutes, or until the broth is absorbed.

California Department of Health Services, Celebrate Health with a Lowfat Fiesta California Project LEAN

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	250	
Total Fat	4.5 g	7%
Protein	6 g	
Carbohydrates	45 g	15%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	340 mg	14%